BMI Calculator: Harris Benedict Equation

The **Harris Benedict Equation** is a formula that uses your BMR and then applies an activity factor to determine your total daily energy expenditure (calories). The only factor omitted by the Harris Benedict Equation is lean body mass. Remember, leaner bodies need more calories than less leaner ones. Therefore, this equation will be very accurate in all but the very muscular (will under-estimate calorie needs) and the very fat (will over-estimate calorie needs).

First, determine your BMR using our BMR Calculator or our BMR Formula.

Harris Benedict Formula

To determine your total daily calorie needs, multiply your BMR by the appropriate activity factor, as follows:

1. If you are sedentary (little or no exercise) : Calorie-Calculation = BMR x 1.2
2. If you are lightly active (light exercise/sports 1-3 days/week) : Calorie-Calculation = BMR x 1.375
3. If you are moderatetely active (moderate exercise/sports 3-5 days/week) : Calorie-Calculation = BMR x 1.55
4. If you are very active (hard exercise/sports 6-7 days a week) : Calorie-Calculation = BMR x 1.725
5. If you are extra active (very hard exercise/sports & physical job or 2x training) : Calorie-Calculation = BMR x 1.9

Total Calorie Needs Example

If you are sedentary, multiply your BMR (1745) by 1.2 = 2094. This is the total number of calories you need in order to **maintain** your current weight.

Once you know the number of calories needed to maintain your weight, you can easily calculate the number of calories you need to eat in order to gain or lose weight:
- Calorie intake to gain weight
- Calorie intake to lose weight

Resources	Calculators
BMR Formula	BMI Calculator
Calorie intake to gain weight	BMR Calculator
Calorie intake to lose weight	Body Fat Calculator
Recommended Daily Allowance	Waist to Hip Ratio Calculator
Underweight Treatment	
Overweight Treatment	
Obesity Treatment	

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